

Strand Theatre

SOUTH PARIS
L. G. DUREPO, Res. Mgr.

Program for Week of Aug. 27

Monday, August 27, Matinee and Evening
Jack London's famous story

"The Abysmal Brute"

With an all star cast including Reginald Denny and Mable Julienne Scott, Buddy Messinger, Hayden Stevenson, Crawford Kent and others.
This is a stirring, pulse-quickenning melodrama with adventure, thrills and romance as only Jack London can produce them.

Comedy—"The Four Flushers." AESOP'S FABLES.
Prices, Matinee 15c and 25c. Evening 15c and 35c

Tuesday, August 28

"Love's Old Sweet Song"

With an all star cast featuring Louis Wolheim and Baby Margaret Brown. This story, based upon the famous song of the same name, has all the fragrance of garden flowers, the meadows and the deep woods together with a stirring drama teeming with action that is altogether different.

Comedy—"Cold Chills." International News.
Prices 15c and 25c.

Wednesday, August 29, Matinee and Evening
A George Medford special production

"You Can't Fool Your Wife"

With a super-Paramount cast including Leatrice Joy, Nita Naldi and Lewis Stone. This society drama is replete with strong characterizations, great love conflicts and the psychology of human understanding. It is one of the outstanding film successes of the season, an elaborate and luxurious production which you should not miss.

Comedy—"Hula Hula Honeymoon." Topics of the Day.
Matinee, 15c and 25c. Evening, 15c and 35c.

Thursday, August 30

Richard Talmadge "PUTTING IT OVER"

This story is full of zip, pep and action that holds you thrill bound from start to finish. Richard Talmadge is another Fairbanks and in this comedy drama he creates a sensational success.

Comedy—"The Mummy." Pathe Review.
Prices 15c and 25c.

Friday, August 31, Matinee and Evening

TOM MIX "Romance Land"

A Western special with the inimitable Mix and that wonder horse Tony doing their best. A picture that is guaranteed to entertain every human being to his heart's content.

Chapter 6 of "The Oregon Trail." International News.
Matinee 10c, 25c. Evening 15c, 25c.

Saturday, Sept. 1, Matinee and Evening

"The Girl Who Came Back"

A great crook romantic melodrama with a splendid cast including Miriam Cooper, Kenneth Harlan, Gaston Glass and Ethel Shannon.

A successful adaptation of the famous stage play by Samuel Ruskin Golding and Charles E. Blaney. Don't miss it.
Fighting Blood No. 7. Scenic, Will O' the Wisp.
Matinee 10c and 25c. Evening 15c and 25c.

COMING NEXT WEEK

William Slaven McNutt's "Trifling With Honor."
"Forsaking All Others," with an all star cast.

COMING SOON.

"The Shock." "Main Street."

Shivering— at 68 degrees —or Comfortable

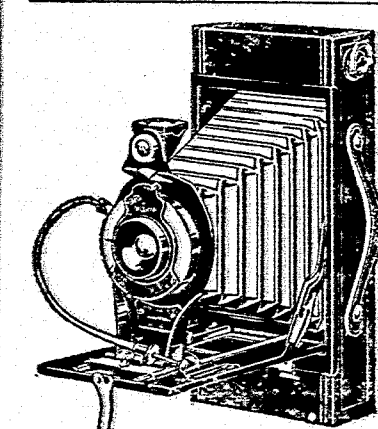
IT'S all a matter of proper humidity. If the air is burned out, dried-out, you shiver at 68 degrees. In the delightfully warmed moistened air sent up by the Moncrief Pipeless Furnace, you are supremely comfortable at 68 degrees. Big casings cut out drafts, big pan of water supplies air with proper moisture, same as Nature does. More comfort, more health, and less coal.

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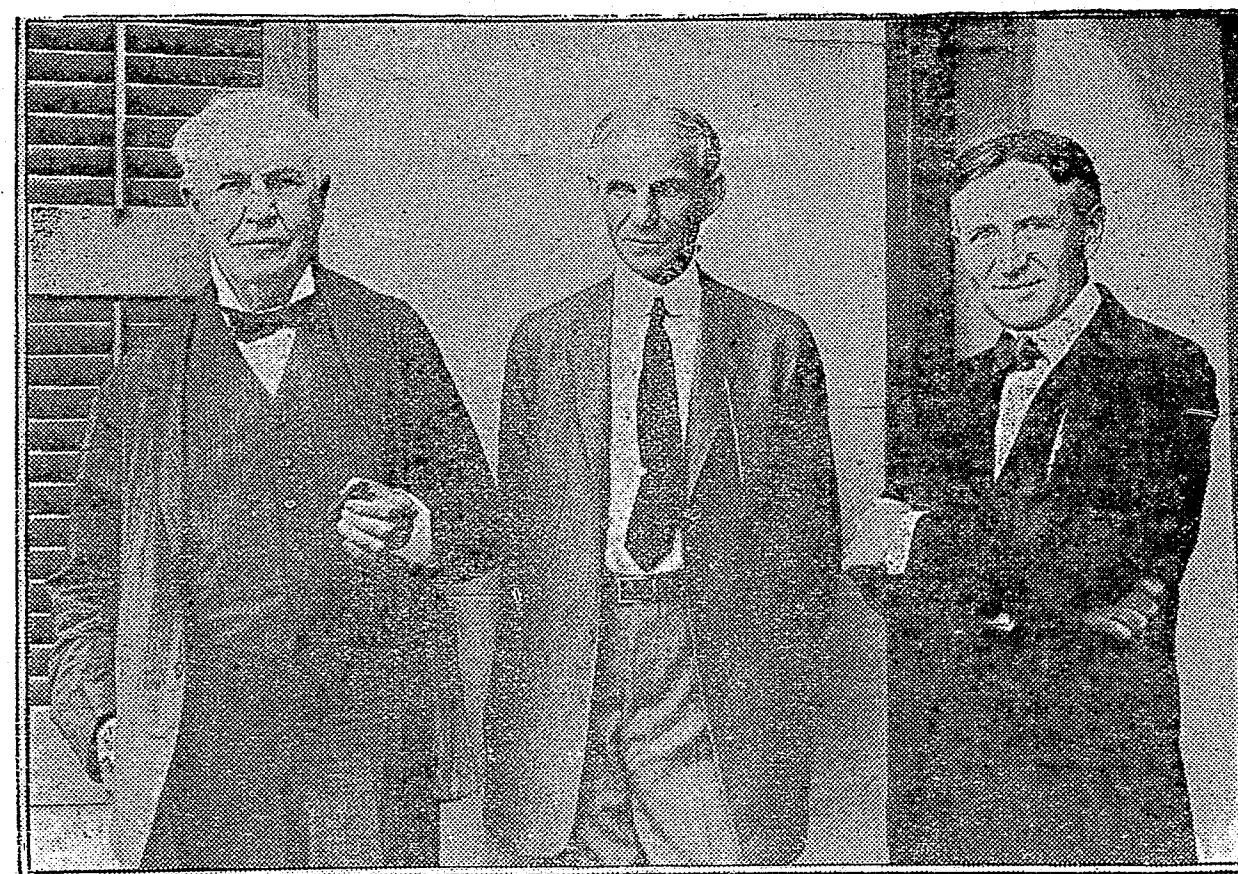
Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEMAKERS' COLUMN, Oxford, Danvers, South Paris, Me.

Are You Overweight?

(By Gertrude Strong.)
Do you tire easily? Are you empty worn out when you should be fresh, or only reasonably tired?
If you are, find out just how much overweight you are, and if you find that you are twenty pounds or more overweight, get busy at once.
Don't say "I feel well enough. Never take any medicine. It's only that I get so tired, so mortally tired."
Of course you get tired! If some one made a pack, weighing as many pounds as you are overweight, say twenty or thirty, or even forty pounds, and put this on your back, well distributed, it is true, and said to you, "You will carry this about with you from morning until night; not one step can you take without carrying your load, and when you lie down at night it will cover you like a blanket," you would think that person guilty of extreme cruelty to you.
Yet, that is precisely the very thing you have done to yourself. It does matter, you see, that you are carrying around an unnecessary burden. It is a tax on your heart for one thing, a menace to your general health, a forerunner of Bright's disease.
Take yourself in hand. Find out how much you want to lose, then diet. Oh, but you say that you don't eat much. Maybe you don't, but dieting is not eating more than you need, or you are eating the wrong things.
A friend of mine has a daughter of twelve, who insists she is a baby, but is known as "Patty." The boys at school call her "Fat" for short, and although she is a good girl, she feels humiliated by the term. All her life she will suffer from this, for her mother tells me, in her heart, she is terribly sensitive, although outwardly she doesn't give any evidence of it, but smiles.
When she was a child of four, I saw her dispose of three large meat balls, and a lot of other things that went with them. Did her mother try to suggest that perhaps so much meat wasn't just the thing for a little girl of four? Not at all! Instead, she encouraged her by saying, "She has such a hearty appetite. She just loves meat. I am glad she is so well and healthy. I don't care if she is fat."
She was fat then; she is fatter now; a shapeless mass with no suspicion of a waist line. That mother has no idea that she is really cruel to her little daughter, and that her life is being shortened.
There is only one thing to do—reduce the intake. You must eat less than you use. Exercise, bath, roll, swim. I know you are much overweight, better see a doctor, and make over your way of living. Whatever you do, get rid of your surplus fat.
I boarded for a year in a home where the landlady was a very excellent cook. Everything she set before us was well cooked, and well seasoned—but she had no idea of a well-balanced meal. I have actually seen her serve potato, macaroni and cheese, white bread, and top it off with a rice pudding, incredible as that may seem. She and her husband and daughter all had the contours of various sized tubs. Those boarders who remained long enough, gradually, took on the same shape.
I had no choice. There was not enough variety, too much starch and pastry. This was not enough green vegetables and fruits.
If you are overweight, study nutrition. Learn what a well-balanced meal should contain. If you are a housekeeper, you will have easy sailing.
Go easy on the starches and gravies and sweet sauces and pastries. They had better be omitted altogether. Eat plenty of fruit and green vegetables, and use only whole wheat bread or bran muffins. Balance every meal. Remember that milk is a food, not a drink. If you have been taking it as an accompaniment to your meals, and you don't want to give it up, cut out the meal.
Limit yourself to what you know you ought to eat. Serve yourself with just so much, then see how slowly you can eat it, and how much enjoyment you can get out of it. Fletcherize and get the full flavor of everything. A complete diet of butter milk for six weeks, or a six-week diet of milk and fruit, under a doctor's direction, will make you over. Directing the mind to a new interest, that is absorbing, while you are dieting, will make the task very much easier.
Verily, the woman who plans and prepares the meals for her family has a far bigger responsibility than most women realize.

Anne's Lists.

We often laugh over a paper found pinned to Annie's kitchen calendar, "Things I want John to do."
"We live on a farm," Anne said in explanation, "and far from our base of supplies, and—well, that explains," and she pointed to a most convenient shelf over her work table.
"I'd figured out exactly the number of steps that she'd walk, but what would have happened if I'd asked for it when John was busy or worried? Certainly not the shelf, and you probably know what I did."
"But on a rainy day," Anne continued, "or when John just potters round enjoying himself, or stayed in town the day before for the ball game, that is the psychological moment we're always running up against in stories."
I marvelled, as often before, at the wisdom of this young person, and waited.
"I have other lists," she went on presently, taking a small blank book from the drawer of her work table.
"You know we go to the city two or three times a year, and here's my list for that, things we can't do or see or get in our little town. We have much more time to see and do, because our list of gets is well systematized before I trust myself in the maelstrom of those big department stores."
"This is my list of books borrowed and lent, and it often jogs my conscience, and that of my friends, to our mutual profit."
"You know," she said apologetically, as she turned another leaf, "I'm not one of those malignant society women who need a social secretary, but it helps all the same to have a list of invitations given and accepted. Without it I'd be likely to ask the O's, whom we date upon, and forget the B's, whom we owe an invitation, but my list keeps me straight."
Another list was of birthdays and anniversaries of friends and kindred, "I'm not keen, myself," Anne explained, "for birthday letters a month out of plumb."
A Christmas list followed. "Do you remember," asked Anne, "the electric grill Kate sent me last Christmas, that was to get John's breakfast, by just turning a button? It wouldn't work, so I bled to the kitchen sink. I've probably sent just such a gift to myself, so now when I hear a wish, or think of something appropriate, I make a note of it. I've thought seriously of making a list of Christmas presents I won't have for John's benefit." Anne turned several pages together, where "Charity" was written so large and plain I couldn't help seeing.
"Of course I keep my list of poison antidotes and first aid pasted on the inside of the door of the medicine cabinet, and here at the end, she concluded, "I have a sort of catch-all list, things I want to remember, that don't seem to belong anywhere else. It's apt to be monotonous," and she read:
"Try Mrs. M's catnip recipe."
"Send gray suit to Jane."
"Don't let John buy another red tie, he has seven."
"Plant sweetbrier by kitchen window, that last," she said meditatively, "really belongs in John's list, but that has been overworked lately, and anyway," laying aside the little blank book, "this isn't one of those new efficiency affairs. It's just a plain, everyday help I've worked out myself."
"What more—or less—are the efficiency affairs you scorn?" I asked.
"Perhaps," said Anne, "but some of them look pretty complicated to me."
Jarvis Mindwell predicts that the radio will never be compared with the telephone, as with the former the ladies can't talk back.



The Harding Funeral at Marion, Ohio.

Thomas A. Edison, Henry Ford and Harvey Firestone at the Marion cemetery, where they attended the burial of the late President Harding. These three noted men were visibly touched by the death of their friend with whom they spent a short vacation in the hills of Virginia only a year ago.



King of Sock Begins Training.

Jack Dempsey to-day went in for his first ring work since his arrival at his new training quarters at Saratoga Lake, N. Y., where he will prepare for his coming bout with Luis Angel Firpo, the Argentine heavyweight.

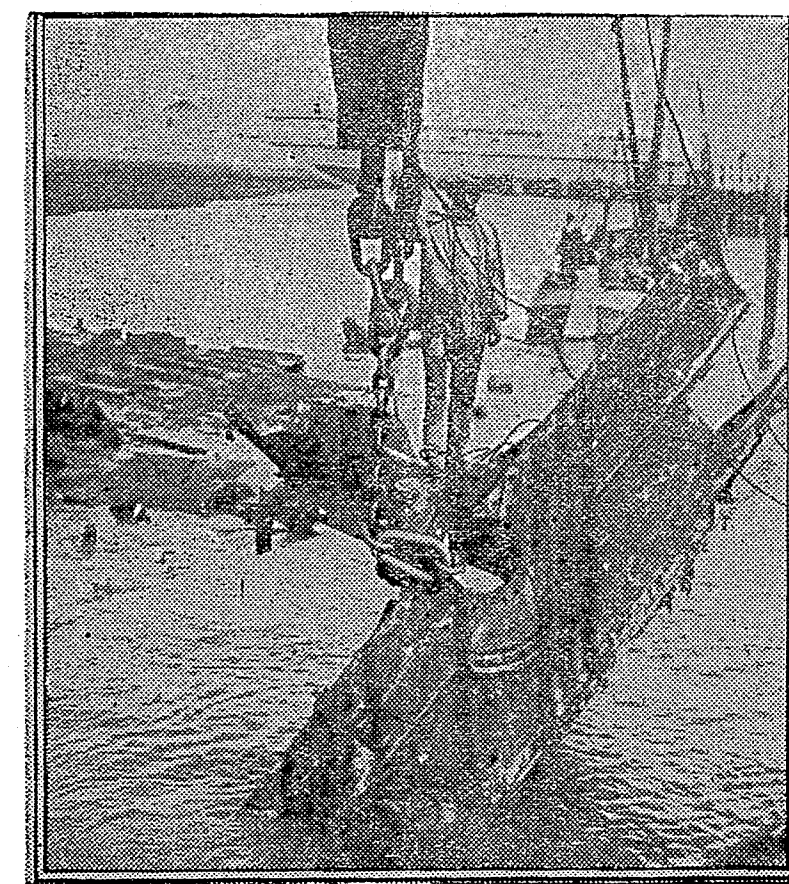


Woodrow Wilson

Photo shows Ex-President Wilson, who although being an invalid, has managed to pay his last respects to the departed nation's chief.

Germany's New Chancellor.

"Dr. Gustave Stresemann who was recently elected Chancellor of Germany to succeed Chancellor Cuno.



Battleship Vindictive Being Blown Up at Ostende.

The famous British battleship Vindictive, which was blown up in Ostende Harbor during the early days of the World War to stop activities of the German U-Boats, is again the subject of explosion, this time for another purpose. Dutch engineers and divers are doing the work, many tons are being saved. Photo shows a thirty ton portion of the ship being raised after a charge of dynamite has done its work.

King Took Door for Taxes.

In old English towns during the seventeenth century if the owner of a building failed to pay the taxes due the king the king and his soldiers would break down the door and take the king's tax. The king's tax was a continuous stream of carrier pigeons observed by him included more than 1,000,000,000 birds. Wilson similarly calculated that a flock observed by him was 200 miles long and numbered 2,280,272,000 pigeons.

No Birds Census.

There are no statistics from which to determine the largest flock of birds ever known. Audubon once computed that a continuous stream of carrier pigeons observed by him included more than 1,000,000,000 birds. Wilson similarly calculated that a flock observed by him was 200 miles long and numbered 2,280,272,000 pigeons.

Power of Strong Convictions.

All the strength and force of man comes from his faith in things unseen. He who believes is strong; he who doubts is weak. Strong convictions precede great actions. Clear, deep, living convictions rule the world. —James Freeman Clarke.

Peculiar Australian Trees.

Australia has been called the shadowless land. The leaves of some of the trees there are so arranged as always to present their edges to the sky, others have foliage composed of more needles, and others dispense with leaves altogether.

More Truth Than Poetry

There is a brilliant bit of verse and several paragraphs of scintillating wit in the "More Truth Than Poetry" feature by James J. Montague published every day in the Boston Globe.

Boston Globe

Be sure to read the Globe's 24-page Pictorial and Fiction Magazine next Sunday.

TRUCKING.

Having bought the trucking business of Carroll Penley, I am ready for all kinds of work in the line of trucking and general jobbing. Look for the white horse.

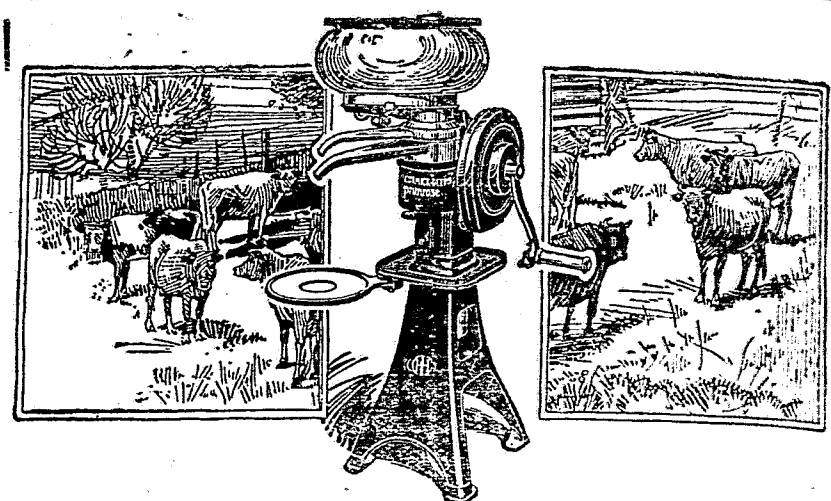
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The way to mend the bad world is to create the right world.—Ralph Waldo Emerson.



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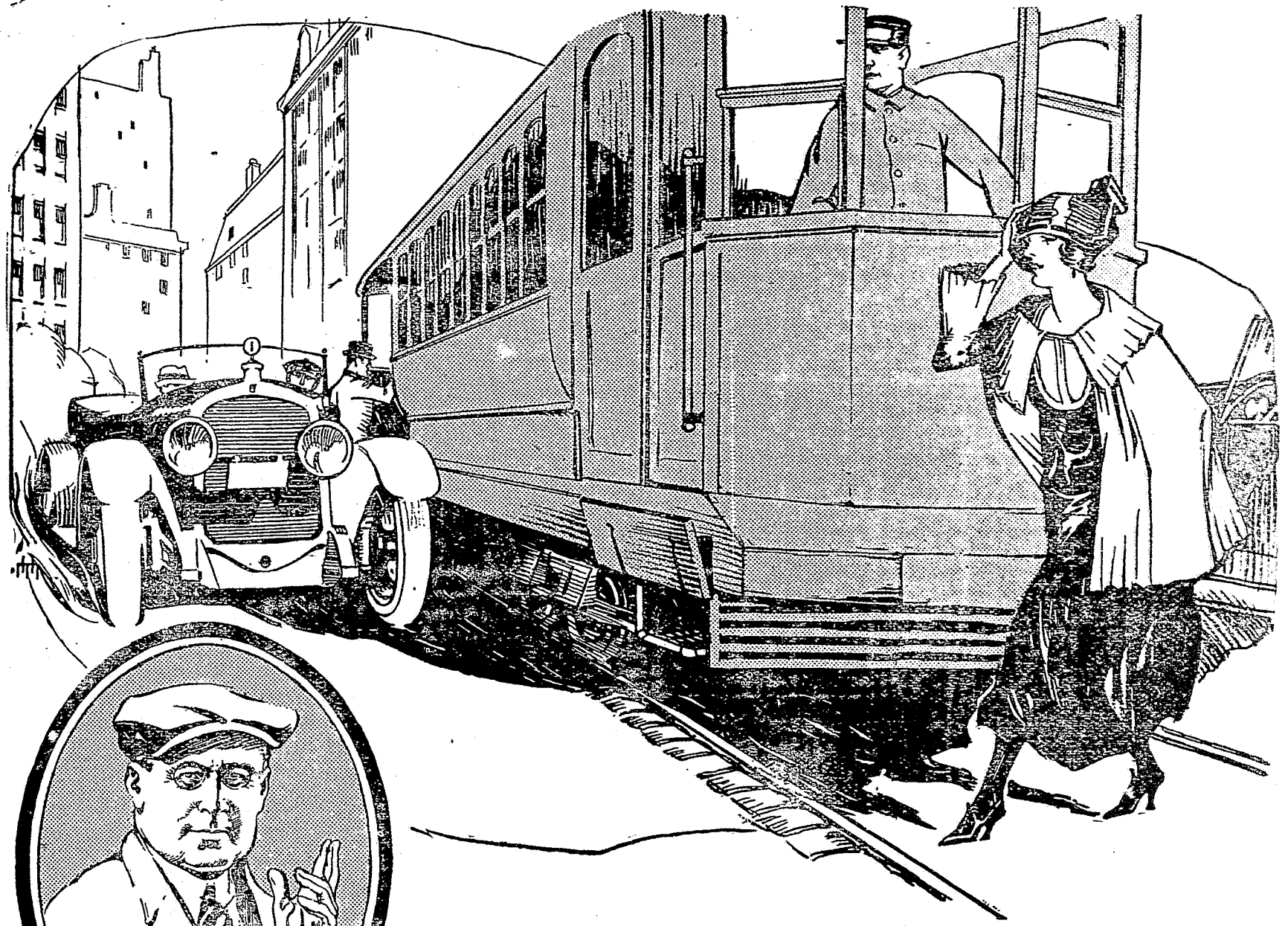
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185 Main Street,

Opera House Block, Norway, Maine.
Look for the "Clock in the steeple."



A tip to drivers—
and pedestrians too

By THE VETERAN MOTORIST

I SUPPOSE it's because I've driven around so much in the last fifteen years that I've seen about twice as many accidents as the average motorist. Can't begin to remember them all, but I know a lot were connected with passing trolleys.

One special reason for this lies in the different rules and regulations that prevail in different localities. In some places you may not pass a standing trolley at all, and there the pedestrian crossing the street should be perfectly safe from automobiles, so long as the trolley remains standing. In other places motorists may pass a standing trolley "with due care" or "not less than" six or eight feet away; in these cases both driver and pedestrian ought to watch their going mighty carefully.

My best advice is to keep up to date on your own local rules about passing trolleys, etc., and follow them scrupulously. When you are away from home, and may not know all the local provisions, abide by the strictest rules for safety that you do know.

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